



State of New York County of Broome Government Offices

Broome County Health Department

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National Week Without Driving

What Happens When You Stop Driving? The Health Department Invites Broome County to Find Out

(BROOME COUNTY, NY) – Imagine your life without driving. No traffic jams, gas money spent, or searching for parking. But could you navigate your daily routines, reach your workplace, doctor's office, or connect with loved ones? This year, the Broome County Health Department's Traffic Safety Program and Creating Healthy Schools and Communities grant will be encouraging residents to participate in Week Without Driving, from September 29 to October 5, 2025.

As part of a growing national initiative that has garnered attention across the country, we invite leaders and residents of Broome County to explore a new perspective on mobility. By participating, we can contribute to meaningful discussions and actions towards more accessible and equitable transportation solutions.

Whether due to age, ability, or financial circumstances, nearly a third of Americans cannot drive but rely on a transportation system designed for driving. In the City of Binghamton, about 26 percent of households do not have a personal vehicle available to them. The Week Without Driving is a chance to see the world differently. Participants are encouraged to complete their daily routines without driving, using alternative forms of transportation instead.

“Week Without Driving isn't about being able to 100% give up your car for a week. It's about trying to work in more active modes of transportation, such as BC Transit or walking, and figuring out what that's like. Whether due to a medical diagnosis or car troubles, people can lose their ability to drive around without much notice. It's important to have infrastructure in place to support non-drivers for whatever reason.” - Devin Link, Public Health Educator, Broome County Health Department

“And let's not forget about safety. If you do decide to walk or bike to your destination, make sure you are following the rules of the road. Walkers should stay on the sidewalk or the left shoulder of the road and always cross at marked intersections. And for our biking friends, make sure you are riding with traffic on the right side of the road and always wear a helmet!” - Christine Marion, Traffic Safety Program Coordinator, Broome County Health Dept.

Will this week spark new ideas, inspire change, or offer a fresh look at the future of mobility? Visit weekwithoutdriving.org/join to sign up and explore opportunities to share your story. Don't

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forget to join the conversation on social media using the hashtag #WeekWithoutDriving. We can't wait to hear about your journey!

CHSC is a five-year initiative funded by the New York State Department of Health to establish and support healthy behaviors in high-needs communities. The New York State Department of Health Division of Chronic Disease Prevention implements evidence-based, evidenced-informed, and innovative public health strategies in order to support New Yorkers to live healthier lives and eliminate health disparities by reducing the incidence and burden of chronic diseases and conditions. For more information, visit https://www.health.ny.gov/prevention/obesity/prevention_activities/chsc/

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